



# CHRIS EDY

## SUMMER SHRED CHALLENGE 1.0



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			5 <b>45 MIN UPPER BODY</b> <span>NEW</span>	6 <b>1 HOUR LOWER BODY</b>	7 <b>30 MIN CARDIO+DELTS</b> <span>NEW</span>	8 <b>REST</b>
9 <b>40 MIN FULL BODY</b> <span>NEW</span>	10 <b>40 MIN GLUTES HAMSTRINGS</b>	11 <b>40 MIN TOTAL ARMS</b>	12 <b>30 MIN FULL BODY TABATA</b> <span>NEW</span>	13 <b>REST</b>	14 <b>1 HOUR FULL BODY BUILD</b> <span>NEW</span>	15 <b>REST</b>
16 <b>45 MIN QUADS GLUTES HAMSTRINGS</b> <span>NEW</span>	17 <b>REST</b>	18 <b>40 MIN CORE + CARDIO</b> <span>NEW</span>	19 <b>30 MIN UPPER BODY COMPLEX</b> <span>NEW</span>	20 <b>REST</b>	21 <b>30 MIN LOWER BODY</b>	22 <b>REST</b>
23 <b>45 MIN AMRAP ENDURANCE</b> <span>NEW</span>	24 <b>45 MIN UPPER BODY</b>	25 <b>30 MIN GLUTES</b>	26 <b>30 MIN FULL BODY DB HIIT</b> <span>NEW</span>	27 <b>REST</b>	28 <b>40 MIN TOTAL ARMS + CORE</b> <span>NEW</span>	29 <b>REST</b>
30 <b>40 MIN LOWER BODY + ABS</b> <span>NEW</span>	31 <b>45 MIN UPPER BODY</b> <span>NEW</span>	<b>REST</b>	<b>SUMMER SHRED CHALLENGE 2.0</b>			

NEW UPLOADS @ 4AM PST

\*TAP TITLES TO VIEW FULL WORKOUT